

Complex Evaluation of Antioxidant Capacity of Milk Thistle Dietary Supplements

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Supplementary Table 1 List of non-silymarin bioactive compounds reported in literature for *Silybum marianum* (SM)^{1, 2, 3-10}, *Schisandra chinensis* (SCH)¹¹, *Cordyceps sinensis* (CS)^{12, 13}, *Scutellaria baicalensis* (SB)^{14, 15}, *Cnicus benedictus* (CB)¹⁶, *Foeniculum vulgare* (FV)^{17, 18}, *Taraxacum officinale* (TO)¹⁹ and *Glycyrrhiza glabra* (GG)²⁰.

Compound name	Summary formula	Plant of origin
neusilychristin	C ₂₅ H ₂₂ O ₁₀	SM
silyamandin	C ₂₅ H ₂₂ O ₁₁	SM
isosilandrin A	C ₂₅ H ₂₂ O ₉	SM
isosilandrin B	C ₂₅ H ₂₂ O ₉	SM
neosilyhermin A	C ₂₅ H ₂₂ O ₉	SM
neosilyhermin B	C ₂₅ H ₂₂ O ₉	SM
silandrin A	C ₂₅ H ₂₂ O ₉	SM
silandrin B	C ₂₅ H ₂₂ O ₉	SM
silyhermin	C ₂₅ H ₂₂ O ₉	SM
silymonin	C ₂₅ H ₂₂ O ₉	SM
apigenin	C ₁₅ H ₁₀ O ₅	SM
genistein	C ₁₅ H ₁₀ O ₅	SM
luteolin	C ₁₅ H ₁₀ O ₆	SM
kaempferol	C ₁₅ H ₁₀ O ₆	SM
quercetin	C ₁₅ H ₁₀ O ₇	SM

myricetin	C ₁₅ H ₁₀ O ₈	SM
naringenin	C ₁₅ H ₁₂ O ₅	SM
dihydrokaempferol (aromadendrin)	C ₁₅ H ₁₂ O ₆	SM
eriodictyol	C ₁₅ H ₁₂ O ₆	SM
catechin	C ₁₅ H ₁₄ O ₆	SM
acacetin	C ₁₆ H ₁₂ O ₅	SM
genkwanin	C ₁₆ H ₁₂ O ₅	SM
hispidulin	C ₁₆ H ₁₂ O ₆	SM
chrysoeriol	C ₁₆ H ₁₂ O ₆	SM
kaempferol-3-methyl ether (isokaempferide)	C ₁₆ H ₁₂ O ₆	SM
nepetin	C ₁₆ H ₁₂ O ₇	SM
rhamentin	C ₁₆ H ₁₂ O ₇	SM
patuletin	C ₁₆ H ₁₂ O ₈	SM
apigenin-5,7-dimethyl ether	C ₁₇ H ₁₄ O ₅	SM
pectolarigenin	C ₁₇ H ₁₄ O ₆	SM
kumatakenin	C ₁₇ H ₁₄ O ₆	SM
jaceosidin	C ₁₇ H ₁₄ O ₇	SM
eupatilin	C ₁₈ H ₁₆ O ₇	SM
sudachitin	C ₁₈ H ₁₆ O ₈	SM
hymenoxin	C ₁₉ H ₁₈ O ₈	SM
quercetin-3-O-arabinoside	C ₂₀ H ₁₈ O ₁₁	SM
luteolin-7-O-glucuronide	C ₂₁ H ₁₇ O ₁₂	SM
apigenin-7-O-glucuronide	C ₂₁ H ₁₈ O ₁₁	SM
miquelianin (quercetin 3-glucoronide)	C ₂₁ H ₁₈ O ₁₃	SM
isovitexin	C ₂₁ H ₂₀ O ₁₀	SM
apigenin-7-O-glucoside	C ₂₁ H ₂₀ O ₁₀	SM
vitexin	C ₂₁ H ₂₀ O ₁₀	SM
isoorientin	C ₂₁ H ₂₀ O ₁₁	SM
orientin	C ₂₁ H ₂₀ O ₁₁	SM
kaempferol-3-O-beta-D-glucoside (astragalin)	C ₂₁ H ₂₀ O ₁₁	SM

luteolin-7-O-glucoside (cynaroside)	C ₂₁ H ₂₀ O ₁₁	SM
quercetin 3-O-galactoside (hyperoside)	C ₂₁ H ₂₀ O ₁₂	SM
quercetin 3-O-glucoside (isoquercetin)	C ₂₁ H ₂₀ O ₁₂	SM
spiraeoside (quercetin 4-O-glucoside)	C ₂₁ H ₂₀ O ₁₂	SM
naringenin 7-O-beta-D-glucopyranoside	C ₂₁ H ₂₂ O ₁₀	SM
isokaempferide 7-rhamnoside	C ₂₂ H ₂₂ O ₁₀	SM
isorhamnetin 3-O-glucoside	C ₂₂ H ₂₂ O ₁₂	SM
apigenin-4,7-diglucoside	C ₂₇ H ₃₀ O ₁₅	SM
kaempferol-3-rutinoside	C ₂₇ H ₃₀ O ₁₅	SM
rutin	C ₂₇ H ₃₀ O ₁₆	SM
naringin	C ₂₇ H ₃₂ O ₁₄	SM
hydroxybenzoic acid (salicylic acid)	C ₇ H ₆ O ₃	SM
beta-resorcylic acid (dihydroxybenzoic acid)	C ₇ H ₆ O ₄	SM
gallic acid	C ₇ H ₆ O ₅	SM
guaiacol	C ₇ H ₈ O ₂	SM
vanillic acid	C ₈ H ₈ O ₄	SM
syringaldehyde	C ₉ H ₁₀ O ₄	SM
syringic acid	C ₉ H ₁₀ O ₅	SM
coumaric acid	C ₉ H ₈ O ₃	SM
caffeic acid	C ₉ H ₈ O ₄	SM
coniferylaldehyd	C ₁₀ H ₁₀ O ₃	SM
ferulic acid	C ₁₀ H ₁₀ O ₄	SM
dihydroconiferyl alcohol	C ₁₀ H ₁₄ O ₃	SM
ethyl caffeate	C ₁₁ H ₁₂ O ₄	SM
methyl ferulate	C ₁₁ H ₁₂ O ₄	SM
sinapinic acid	C ₁₁ H ₁₂ O ₅	SM
ellagic acid	C ₁₄ H ₆ O ₈	SM
3-O-caffeoylquinic acid (PA1) (chlorogenic acid)	C ₁₆ H ₁₈ O ₉	SM
4-O-caffeoylquinic acid (PA3)	C ₁₆ H ₁₈ O ₉	SM
5-O-feruloylquinic acid (PA4)	C ₁₇ H ₂₀ O ₉	SM

1,5-O- dicaffeoylquinic acid (PA6)	C ₂₅ H ₂₄ O ₁₂	SM
3,5-O- dicaffeoylquinic acid (PA5)	C ₂₅ H ₂₄ O ₁₂	SM
4,5-O-dicaffeoylquinic acid (PA7)	C ₂₅ H ₂₄ O ₁₂	SM
cynarin	C ₂₅ H ₂₄ O ₁₂	SM
mariamide A	C ₄₂ H ₄₆ N ₄ O ₁₀	SM
mariamide B	C ₂₁ H ₂₄ N ₂ O ₅	SM
3- methylcarboxymethyl-indole-1-N-beta-D-glucopyranoside	C ₁₆ H ₁₉ NO ₇	SM
angeloylgomisin H	C ₂₈ H ₃₆ O ₈	SCH
angeloylgomisin P	C ₂₈ H ₃₄ O ₉	SCH
angeloylgomisin Q	C ₂₉ H ₃₈ O ₉	SCH
benzoylgomisin H	C ₃₀ H ₃₄ O ₈	SCH
benzoylgomisin O	C ₃₀ H ₃₂ O ₈	SCH
gomisin A	C ₂₃ H ₂₈ O ₇	SCH
gomisin B	C ₂₈ H ₃₄ O ₉	SCH
gomisin D	C ₂₈ H ₃₄ O ₁₀	SCH
gomisin F	C ₂₈ H ₃₄ O ₉	SCH
gomisin G	C ₃₀ H ₃₂ O ₉	SCH
gomisin J	C ₂₂ H ₂₈ O ₆	SCH
gomisin K1, K2, K3	C ₂₃ H ₃₀ O ₆	SCH
gomisin M1, M2, L1, L2	C ₂₂ H ₂₆ O ₆	SCH
gomisin N	C ₂₃ H ₂₈ O ₆	SCH
isoschisandrin	C ₂₄ H ₃₂ O ₇	SCH
propinquanin F	C ₂₈ H ₃₆ O ₈	SCH
schisandrin	C ₂₄ H ₃₂ O ₇	SCH
schisandrin A	C ₂₄ H ₃₂ O ₆	SCH
schisandrin B	C ₂₃ H ₂₈ O ₆	SCH
schisandrin C	C ₂₂ H ₂₄ O ₆	SCH
schisantherin A	C ₃₀ H ₃₂ O ₉	SCH
schisantherin C	C ₂₈ H ₃₄ O ₉	SCH
tigloylgomisin P	C ₂₈ H ₃₄ O ₉	SCH

adenosine	C ₁₀ H ₁₃ N ₅ O ₄	CS
cordycedipeptide A	C ₉ H ₁₄ N ₃ O ₃	CS
cordycepic acid	C ₆ H ₁₄ O ₆	CS
cordycepin	C ₁₀ H ₁₃ N ₅ O ₃	CS
cordypyridone A	C ₁₆ H ₂₃ NO ₃	CS
cordypyridone B	C ₁₆ H ₂₃ NO ₃	CS
dipicolinic acid	C ₇ H ₅ NO ₄	CS
farinosone A	C ₂₅ H ₂₇ NO ₄	CS
farinosone B	C ₂₅ H ₂₆ NO ₅	CS
farinosone C	C ₁₉ H ₂₅ NO ₅	CS
hypoxanthine	C ₅ H ₄ N ₄ O	CS
macrolides	C ₁₀ H ₁₄ O ₄	CS
militarinone A	C ₂₆ H ₃₇ NO ₆	CS
militarinone B	C ₂₆ H ₃₃ NO ₅	CS
militarinone C	C ₂₆ H ₃₃ NO ₄	CS
militarinone D	C ₂₆ H ₃₁ NO ₄	CS
myriocin	C ₂₁ H ₃₉ NO ₆	CS
N-acetylgalactosamine	C ₈ H ₁₅ NO ₆	CS
naphthaquinone	C ₁₀ H ₆ O ₂	CS
paecilomycine A	C ₁₅ H ₂₂ O ₄	CS
paecilomycine B	C ₁₅ H ₂₂ O ₅	CS
paecilomycine C	C ₁₅ H ₂₀ O ₄	CS
paecilosetin	C ₂₂ H ₃₁ NO ₄	CS
spirotenuipesine A	C ₁₅ H ₂₂ O ₄	CS
spirotenuipesine B	C ₁₅ H ₂₂ O ₅	CS
2-(4-hydroxy phenyl) ethyl-O-beta-D- glucopyranoside	C ₁₄ H ₂₀ O ₇	SB
apigenin 7-O-glucoside	C ₂₁ H ₂₀ O ₁₀	SB
baicalein	C ₁₅ H ₁₀ O ₅	SB
baicalin	C ₂₁ H ₁₈ O ₁₁	SB
caffeic acid	C ₉ H ₈ O ₄	SB

isomartynoside	C ₃₁ H ₄₀ O ₁₅	SB
martynoside	C ₃₁ H ₄₀ O ₁₅	SB
neobaicalein (skullcapflavone II)	C ₁₉ H ₁₈ O ₈	SB
oroxylin A	C ₁₆ H ₁₂ O ₅	SB
oroxylin A glucoronide	C ₂₂ H ₂₀ O ₁₁	SB
skullcapflavone I	C ₁₇ H ₁₄ O ₆	SB
skullcapflavone I 2'-O-glucoside	C ₂₃ H ₂₄ O ₁₁	SB
ursolic acid	C ₃₀ H ₄₈ O ₃	SB
verbascoside	C ₂₉ H ₃₆ O ₁₅	SB
wogonin	C ₁₆ H ₁₂ O ₅	SB
wonoside	C ₂₂ H ₂₀ O ₁₁	SB
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cinnamaldehyde	C ₉ H ₈ O	CB
fenchone	C ₁₀ H ₁₆ O	CB
citral	C ₁₀ H ₁₆ O	CB
salonitenolide	C ₁₅ H ₂₀ O ₄	CB
cnicin	C ₂₀ H ₂₆ O ₇	CB
arctigenin	C ₂₁ H ₂₄ O ₆	CB
trachelogenin	C ₂₁ H ₂₄ O ₇	CB
nortracheloside	C ₂₆ H ₃₂ O ₁₂	CB
absinthin	C ₃₀ H ₄₀ O ₆	CB
alpha-amyrenone	C ₃₀ H ₄₈ O	CB
alpha-amyrine	C ₃₀ H ₅₀ O	CB
alpha-amyrin acetate	C ₃₂ H ₅₂ O ₂	CB
multiflorenol acetate	C ₃₂ H ₅₂ O ₂	CB
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p-anisaldehyde	C ₈ H ₈ O ₂	FV
trans-anethole	C ₁₀ H ₁₂ O	FV
estragole	C ₁₀ H ₁₂ O	FV
fenchone	C ₁₀ H ₁₆ O	FV
kaempferol	C ₁₅ H ₁₀ O ₆	FV
naringenin	C ₁₅ H ₁₂ O ₅	FV

acacetin	C ₁₆ H ₁₂ O ₅	<i>FV</i>
isorhamnetin	C ₁₆ H ₁₂ O ₇	<i>FV</i>
photoanethole	C ₁₆ H ₁₆ O ₂	<i>FV</i>
3-O-caffeoylquinic acid	C ₁₆ H ₁₈ O ₉	<i>FV</i>
4-O-caffeoylquinic acid	C ₁₆ H ₁₈ O ₉	<i>FV</i>
5-O-caffeoylquinic acid	C ₁₆ H ₁₈ O ₉	<i>FV</i>
sinapyl glucoside	C ₁₇ H ₂₂ O ₉	<i>FV</i>
rosmarinic acid	C ₁₈ H ₁₆ O ₈	<i>FV</i>
dianethole	C ₁₉ H ₂₂ O ₂	<i>FV</i>
trans-resveratrol-3-O-beta-d-glucopyranoside	C ₂₀ H ₂₂ O ₈	<i>FV</i>
kampferol-3-O-glucuronide	C ₂₁ H ₁₈ O ₁₂	<i>FV</i>
quercetin-3-O-glucuronide	C ₂₁ H ₁₈ O ₁₃	<i>FV</i>
kaempferol-3-O-glucoside	C ₂₁ H ₂₀ O ₁₁	<i>FV</i>
quercetin-3-O-galactoside (hyperoside)	C ₂₁ H ₂₀ O ₁₂	<i>FV</i>
isoquercetin	C ₂₁ H ₂₀ O ₁₂	<i>FV</i>
isorhamnetin-3-O-glucoside	C ₂₂ H ₂₂ O ₁₂	<i>FV</i>
syringin-4-O-beta-glucoside	C ₂₃ H ₃₄ O ₁₄	<i>FV</i>
1,3-O-di-caffeoylquinic acid	C ₂₅ H ₂₄ O ₁₂	<i>FV</i>
1,4-O-di-caffeoylquinic acid	C ₂₅ H ₂₄ O ₁₂	<i>FV</i>
1,5-O-di-caffeoylquinic acid	C ₂₅ H ₂₄ O ₁₂	<i>FV</i>
kaempferol-3-O-rutinoside	C ₂₇ H ₃₀ O ₁₅	<i>FV</i>
eriodictyol-7-rutinoside	C ₂₇ H ₃₂ O ₁₅	<i>FV</i>
cis a trans-miyabenol C	C ₄₂ H ₃₂ O ₉	<i>FV</i>
gallic acid	C ₇ H ₆ O ₅	<i>TO</i>
esculetin	C ₉ H ₆ O ₄	<i>TO</i>
caffeic acid	C ₉ H ₈ O ₄	<i>TO</i>
apigenin	C ₁₅ H ₁₀ O ₅	<i>TO</i>
luteolin	C ₁₅ H ₁₀ O ₆	<i>TO</i>
quercetin	C ₁₅ H ₁₀ O ₇	<i>TO</i>
taraxinic acid	C ₁₅ H ₁₈ O ₄	<i>TO</i>

coumestrol	C ₁₅ H ₈ O ₅	TO
chlorogenic acid	C ₁₆ H ₁₈ O ₉	TO
artemetin	C ₂₀ H ₂₀ O ₈	TO
luteolin-7-O-beta-D-glucopyranoside (cyranoside)	C ₂₁ H ₂₀ O ₁₁	TO
isoquercetin	C ₂₁ H ₂₀ O ₁₂	TO
beta-amyrin	C ₃₀ H ₅₀ O	TO
taraxerol	C ₃₀ H ₅₀ O	TO
taraxasterol	C ₃₀ H ₅₀ O	TO
taraxasteryl acetate	C ₃₂ H ₅₂ O ₂	TO
lutein epoxide	C ₄₀ H ₅₆ O ₃	TO
lutein	C ₄₀ H ₅₆ O ₂	TO
4-methyl coumarin	C ₁₀ H ₈ O ₂	GG
liqcoumarin	C ₁₂ H ₁₀ O ₄	GG
quercetin	C ₁₅ H ₁₀ O ₇	GG
liquiritigenin	C ₁₅ H ₁₂ O ₄	GG
isoliquiritigenin	C ₁₅ H ₁₂ O ₄	GG
glyzaglabrin	C ₁₆ H ₁₀ O ₆	GG
formononetin	C ₁₆ H ₁₂ O ₄	GG
7-methoxy-2-methylisoflavone	C ₁₇ H ₁₄ O ₃	GG
7-acetoxy-2-methyl-isoflavone	C ₁₈ H ₁₄ O ₄	GG
glyzarin	C ₁₈ H ₁₄ O ₄	GG
licoisoflavone B	C ₂₀ H ₁₆ O ₆	GG
glabrene	C ₂₀ H ₁₈ O ₄	GG
licoflavonol	C ₂₀ H ₁₈ O ₆	GG
licoisoflavone A	C ₂₀ H ₁₈ O ₆	GG
glabridin	C ₂₀ H ₂₀ O ₄	GG
quercetin-3-glucoside	C ₂₁ H ₂₀ O ₁₂	GG
isoliquiritin	C ₂₁ H ₂₂ O ₉	GG
liquiritoside (liquiritin)	C ₂₁ H ₂₂ O ₉	GG
glabrol	C ₂₅ H ₂₈ O ₄	GG

licuraside	C ₂₆ H ₃₀ O ₁₃	GG
isoglabrolide	C ₃₀ H ₄₄ O ₄	GG
glabrolide	C ₃₀ H ₄₄ O ₄	GG
liquoric acid	C ₃₀ H ₄₄ O ₅	GG
liquiritic acid	C ₃₀ H ₄₆ O ₄	GG
glycyrrhetic acid (enoxolone)	C ₃₀ H ₄₆ O ₄	GG
glycyrrhizin	C ₄₂ H ₆₂ O ₁₆	GG
licoagrone	C ₄₅ H ₄₂ O ₁₀	GG

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Supplementary Table 2 Characteristics of the bioactive compounds identified by the U-HPLC-HRMS/MS targeted screening.

[illegible]

[illegible]

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[illegible]

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		isokaempferide-7-rhamnoside; isoorientin; isovitexin; kaempferol-3-rutinoside; miquelianin; orientin; rutin; vitexin				
	flavonolignans	isosilandrin A,B; neosilyhermin A,B; silandrin A,B; silyamandin; silyhermin; silymonin	0.277	0.420	-0.246	0.446
	isoflavone	genistein	-0.380	0.045	0.740	0.165
SUM of flavone/flavonol aglycones and glycosides			0.201	-0.139	-0.409	0.465
SUM of flavone/flavonol aglycones and glycosides and isoflavonoids			0.204	-0.139	-0.411	0.466
SUM of flavonoids			0.363	0.045	-0.518	0.599 ^a
SUM of phenolics			0.647 ^a	0.332	-0.171	0.607 ^a
Alkaloids		3- methylcarboxymethyl-indole-1-N-beta-D- glucopyranoside	0.520 ^a	0.232	-0.445	0.232

^a Correlation coefficient confirms ($\alpha=0.05$) that the results of antioxidant assay linearly depend on U-HPLC-HRMS/MS responses of non-silymarin antioxidants present in *Silybum marianum* (ABTS df=14, critical value=0.497; ORAC df=19, critical value=0.433; DPPH df=20, critical value=0.423; CAA df=15, critical value=0.482).

^b For the non-silymarin antioxidants, the analytical standards were not available, so we correlated the sum of areas of the peaks of U-HPLC-HRMS/MS chromatograms.

Supplementary Table 4 Correlation coefficients (R²) of dependence of antioxidant activity of 26 dietary supplements on U-HPLC-HRMS/MS responses^b of non-silymarin bioactive compounds present in other plants - *Schisandra chinensis*, *Cordyceps sinensis*, *Scutellaria baicalensis*, *Cnicus benedictus*, *Foeniculum vulgare*, *Taraxacum officinale* and *Glycyrrhiza glabra*.

			Potential identity (compound from database)	R ²				critical value			
				CAA	ABTS	ORAC	DPPH	CAA	ABTS	ORAC	DPPH
Phenolics	Simple phenolics		cordycepic acid; isomartynoside; martynoside; naphthaquinone; rosmarinic acid; syringin-4-O-beta-glucoside; verbascoside	0.194	-0.745	-0.546	-0.593	0.95	0.95	0.95	0.95
	Coumarins		methylcoumarin angeloylgomisin H; angeloylgomisin P; angeloylgomisin Q; arctigenin; benzoylgomisin H; gomisin	-0.604	-0.218	-0.100	-0.451	0.497	0.433	0.423	0.482
	Lignans	lignans	A,B,DF,G,J,K1,K2,K3,L1,L2,M1,M2,N; isoschisandrin; propinquanin F; schisandrin A,B,C; schisantherin A,C; tigloylgomisin P; trachelogenin	-0.375	-0.302	0.019	0.030	0.497	0.433	0.423	0.482
		lignan glycosides	nortracheloside	0.963	-0.995	0.998 ^a	0.919	0.997	0.997	0.997	0.997
	SUM of lignans and lignan glycosides			-0.390	-0.305	0.017	0.029	0.497	0.433	0.423	0.482
	Flavonoids	flavones/flavonols	baicalein; glabrol; isorhamnetin; neobaicalein; oroxylin A; skullcapflavone I; wogonin	0.048	-0.029	-0.351	0.240	0.497	0.433	0.433	0.497
		isoflavonoids	7-acetoxy-2-methyl-isoflavone; formononetin; glabrene; glabridin; glyzarin; licoflavonol; licoisoflavone A, B	0.000	-0.569	-0.773	-0.318	0.95	0.95	0.95	0.95
		chalcones	isoliquiritigenin; licuraside	0.707	-0.697	0.409	-0.997	0.95	0.95	0.95	0.95
	SUM of flavonoids			0.117	-0.056	-0.341	0.199	0.497	0.433	0.433	0.497
	SUM of phenolics			0.029	-0.315	-0.023	0.058	0.497	0.433	0.423	0.482
Saponins	triterpenoidal		glabrolide; glycyrrhizin; isoglabrolide	-0.194	0.735	0.554	0.585	0.95	0.95	0.95	0.95
Terpenes	mono		citral; fenchone	-0.983	0.983	-0.989	-0.949	0.997	0.997	0.997	0.997
	sesqui		cnicin; salonitenolide	-0.454	0.102	-0.138	-0.568	0.997	0.997	0.997	0.997
	tri		alpha,beta-amyrine; glycyrrhetinic acid; liquiritic acid; taraxasterol; taraxerol; ursolic acid	-0.572	0.822	-0.097	0.964 ^a	0.95	0.95	0.95	0.950

SUM of terpenes	-0.596	-0.893	-0.606	-0.726	0.754	0.754	0.754	0.754
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^a Correlation coefficient confirms ($\alpha=0.05$) that the results of antioxidant assay linearly depend on U-HPLC-HRMS/MS responses of non-silymarin antioxidants present in other plants - *Schisandra chinensis*, *Cordyceps sinensis*, *Scutellaria baicalensis*, *Cnicus benedictus*, *Foeniculum vulgare*, *Taraxacum officinale* and *Glycyrrhiza glabra*.

^b For the non-silymarin antioxidants, the analytical standards were not available, so we correlated the sum of areas of the peaks of U-HPLC-HRMS/MS chromatograms